

Feeding the Family

By ZOLA VINCENT
Food Editor

Baby Food Processors Feeding New Citizens

Not very big, but Oh! My! Who is the best fed person in the family? Baby, that's who! Dad comes in second with teen-agers and mothers trailing. The baby foods business continues to expand to keep up with the growing appetites of more than 4 million new arrivals each year. This year the stork is expected to level at 4,292,000.

Economic experts are having a field day as we celebrate National Baby week. The causes are solemnly listed; more people, younger marriages, more money, intermingled with such phrases as "a philoprogenitive mood" and "discretionary income." The results are listed with equal solemnity: A new baby is born every 7 1/2 seconds, a first baby requires an outlay of between \$600 and \$1,000 in his first year, the 4 million new babies will create close \$4 billion worth of business.

Pampered Pats
One major manufacturer who first offered a few strained foods back in 1928 now counts 113 varieties of strained and junior foods and related items such as cookies, teething biscuits and strained fruit juices. Others point proudly to growing assortments.

The average year-old enter today is acquainted with more flavors than his parents. Even his pre-cooked cereals are being rotated while his age is counted in weeks.

Cost Consideration
One interesting thing to this reporter is that the cost is seldom considered when it comes to feeding the baby. The family wants the baby to have the very best—and it happens that the processors can produce, package and present almost infinite variety for a fraction of what mother could produce a few elementary items after endless fussing.

Packaged, glassed and canned baby foods are enriched, fortified, given nutritional bonuses undreamed of in the era in which their grandparents grew up.

We Pay Tribute
We pay tribute to processors of baby foods who necessarily must plan years ahead in order to keep ahead of the stork; growing research laboratories, growing seeds, growing gardens, growing orchards getting ready for growing children.

Child Health Is Concern of Nation

Few realize that emphasis on child health is so important that May 1 was designated Child Health Day by joint Congressional resolution back in 1928 and has been celebrated with increasing interest ever since.

Child health is the subject of a presidential proclamation as we are encouraged to take a look at the diet of our growing children. Beyond question, the future good health of our nation depends very largely on what our growing boys and girls are eating today; depends largely on parental attitudes and interest.

We rejoice in the fact that today's children are growing up handsomer, healthier than preceding generations; credit this to advance in medicine, hygiene and the science of good nutrition.

Emphasis on feeding the family and the importance of good nutrition is bombarding us on all sides. Yet, let's face it, far too many children are going to school on scant breakfasts. Many are short on the protective foods; milk and dairy products, fruits, vegetables and eggs.

French-type Desserts Rich in Milk and Eggs
Coincident with the visit of President de Gaulle and his wife, we thought we'd make French-type desserts our "Around the World" specialty for this week.

It's small wonder the French have acquired their enviable reputation as cooks. They care very much indeed about food and how it is made and they're very fussy about the quality of ingredients including flavoring.

Frozen Vanilla Souffle
The French-type desserts for which recipes are given here, require lots of milk and eggs. And lots of milk and eggs are what our growing boys and girls need.

Vanilla sugar has been for generations a standby of the French cook, both the housewife and the professional chef. To have vanilla sugar handy, just hide a couple of whole vanilla beans, split lengthwise, in three to five pounds of sugar and let the combination "set" in a jar for two weeks or longer.

Fragrance and taste of this sugar is an intriguing delicacy, does not bake out or change in character. Specialty grocery stores and drug stores carry vanilla beans in case

12 MAIL TRIBUNE, Medford, Or.
Thursday, April 28, 1960

they're not available at regular grocery store. Or you can use pure vanilla extract which has the same flavor and aroma characteristics. Ten servings.

- 4 egg yolks
- 1 cup sugar
- 1/2 teaspoon salt
- 1 cup milk
- 1 cup light cream
- 4-inch stick vanilla bean or 1 1/2 teaspoons pure vanilla extract
- 2 cups heavy cream, whipped

Beat the egg yolks and gradually beat in sugar. Continue beating until light and lemon colored in top of a double boiler. Stir in salt and one-fourth cup of the milk.

Heat remaining milk, cream and vanilla bean (or pure vanilla extract). Add to the sugar and egg mixture. Cook over hot water, not boiling, stirring constantly, until mixture is thick and coats a metal spoon. Cool. Remove vanilla bean (if any).

Fold in whipped cream. Turn into a souffle dish or other casserole with a two-inch band of brown paper tied around the top so that when the mixture is frozen the paper can be removed and the frozen cream will extend above the dish to give the illusion of a hot souffle (as pictured).

Place in a freezer and freeze six to eight hours. Remove paper rim and serve from the souffle dish. Sprinkle grated unsweetened chocolate over the top.

Chicken Oriental
Broiler-fryer chickens are abundant. Please the family by frying, seasoning them in this Chinese fashion. Marinate chicken in soy sauce about 10

REALLY GOOD!
like home made



VISIONS OF LOVELINESS — The French have a way with desserts that are visions of loveliness as well as being fragrant and flavorful. Here are frozen vanilla souffle and pots de creme a la vanilla. Recipes are included in today's food columns.

minutes. Drain and roll in mixture over chicken. Sprinkle generously with minced green onion; cover tightly and simmer over low heat 45 minutes or until chicken is done.

Petit Pots de Creme
Beloved of French home-

makers and of French restaurants everywhere, this recipe for Petit Pots de Creme or small custards is easily made in any American home.

- 6 egg yolks
- 1/2 cup vanilla sugar or 1/2 cup sugar and 1 1/2 teaspoons pure vanilla extract
- 1/2 teaspoon salt
- 2 cups light cream

Beat egg yolks until light and lemon colored. Gradually beat in sugar and salt. Stir in one-fourth cup of the cream. Heat remaining cream and blend with the mixture. Strain through a fine sieve into each of six individual (one-half cup) custard cups. Place in pan of hot water; cover and bake in a preheated slow oven, 325 degrees, 55 minutes or until a knife inserted in the center comes out clean. Chill and serve. Six servings.

They'll Do It Every Time By Jimmy Hatlo



DOOLEY COMES HOME
Bangkok, Thailand — (AP)—Missionary Dr. Thom Dooley was quoted here today as saying, "My head says that I might not be able to come back to Southeast Asia, but my heart tells me I'll be back in June."
Dooley recently underwent an operation for cancer and for further examinations to determine whether the operation completely arrested the disease.

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<p>PRIME-RIB ROAST FANCY "CHOICE" STEER BEEF WELL AGED</p> <p>89^c lb.</p> <p>Trimmed of Excess and Bone Fat Oven-Ready</p>	<p>FRESH GROUND STEER BEEF</p> <p>10^c Pound Package 2⁹⁸</p> <p>Save at This Low Low Price!</p> <p>35^c lb.</p>	<p>PORK STEAK</p> <p>49^c lb.</p> <p>ALL CENTER LEAN CUTS VERY LITTLE BONE</p>
<p>OLD FASHION WEINERS</p> <p>REGULAR PRICE 79c lb.</p> <p>"Purita" Brand The Very Finest Old Fashion Wieners With TENDER Skins on</p> <p>69^c lb.</p>	<p>FANCY BONELESS PORK LOIN ROAST</p> <p>No Waste</p> <p>79^c lb.</p> <p>PORK TENDERLOIN lb. 98^c</p>	<p>"Ask Anyone"—OUR Pure Pork Sausage IS THE BEST</p> <p>49^c lb.</p>

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Money is a symbol . . . we all know that. But did you ever stop to think that money also represents energy? It takes energy . . . and lots of it . . . to make money. That energy can be wasted unless money is wisely invested.

APRIL 24th through APRIL 30th
 is
"Invest in America Week"

to remind us that by working, saving and investing, we expand our energy best. An invested dollar goes to work for you as well as creating work for others. So, invest your energy wisely. Invest in America.

Medford Mail Tribune